



**STRATEGIES FOR HEALTHIER  
PUBLIC HOUSING COMMUNITIES**  
City of Phoenix Housing Department

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### HOUSING SITES

**City of Phoenix Housing Sites**

- Five Conventional Housing Developments
- Two HOPE VI Developments
  - (3<sup>rd</sup> one under development)
- Six Senior Housing Sites
- Scattered Sites

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### DEMOGRAPHICS

- Average income \$9,000/year
- 74% female headed households
- 31% of youth ages 0 -5
- 94% minority populations
- 33% of adult Hispanic are non English speaking

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### NATIONAL HUD INITIATIVE

- Urban Institute study

"One of the most important findings is that mental and physical chronic illnesses, and the functional disabilities as a result of these health conditions, are barriers to self-sufficiency and general well-being."
- Higher incidence of hypertension, obesity, diabetes, asthma and depression found in public housing residents



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### Continued

- HUD Mandated Health Initiative for all HOPE VI Programs
- National Center for Health in Public Housing

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### Continued

- Partnerships with:
  - Federally Qualified Health Care Center (FQHC)
  - National Heart, Lung, Blood Institute (NHLBI)

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WITH EVERY HEARTBEAT IS LIFE



- Train the Trainer Cultural Heart Healthy Curriculum (NHLBI)
- Prevention for heart disease, diabetes, obesity, and smoking
- Mobilize residents

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STRATEGIES

- Community Health Worker Model
- Mobile Medical Clinics
- Partnerships with Healthcare Programs



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STRATEGIES cont

- Healthy Living Design
- Non-Smoking Units
- Senior Fall Program



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HOUSING HEALTHCARE PARTNERS

- Arizona State Department of Women & Children's Health
- Arizona State University School of Nursing
- Center for African American Health AZ
- Maricopa County Public Health Programs
- NOAH and Scottsdale Healthcare



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PARTNERSHIPS



- St. Joseph's Hospital and Medical Center
- St. Luke's Medical Center
- Southwest Behavioral Health
- Southwest Interdisciplinary
- Valle del Sol
- Wesley Medical Center

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WORKING TOGETHER



- *Work together with residents for improved health*
  - Assessment
  - Awareness
  - Engagement
  - Ownership

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**HEALTHY LIVING**

- Diet and Exercise
- Balanced Mental Health
- Health Prevention Education
- Chronic Disease Management



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**MOVING FORWARD**

- Address health disparities
- Policies to promote healthy lifestyles
- Strengthen partnerships
- Improve resident healthcare outcomes



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